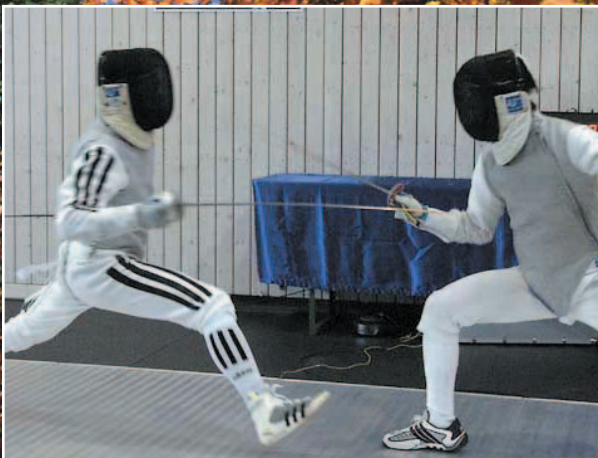
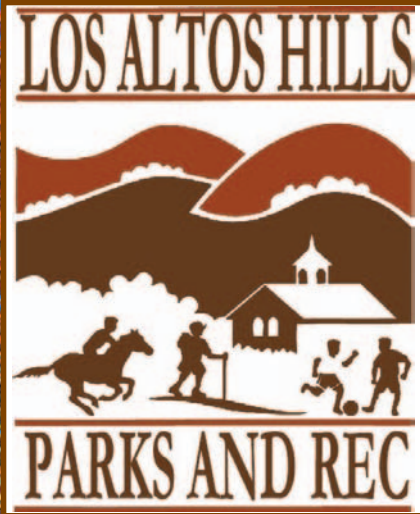


Town of Los Altos Hills
Activity Guide

Fall ~ Winter 2006-2007



Register for classes online at www.losaltoshills.ca.gov/recreation

Registration for Los Altos Hills residents: August 9

Registration for Non-residents: August 21



Fall/Winter 2006

Los Altos Hills Parks and Recreation

Activity Guide

Town of Los Altos Hills City Council

Hon. Dean Warshawsky, Mayor
Hon. Craig A.T. Jones, Mayor Pro Tem
Hon. Breene Kerr, Councilmember
Hon. Mike O'Malley, Councilmember
Hon. Jean (John) Mordo, Councilmember
Carl Cahill, City Manager

Parks and Recreation Department

Tod McLemore
Parks and Recreation Supervisor
26379 Fremont Rd
Los Altos Hills, CA 94022
(650) 941-7222, ext. 241

Parks and Recreation Committee

Mrs. Valerie Metcalfe, Co-Chairperson
Mr. Steven Johnson, Co-Chairperson
Mrs. Karen Bergh
Mr. Ben Gikis
Mrs. Rebecca Hickman
Mrs. Patty Radlo
Mr. Scott Vanderlip

Members of the Los Altos Hills Parks and Recreation Committee are appointed by the City Council and serve as an advisory body to the Council on matters related to recreation programs and activities. They study all recreation facilities available within the Town and make recommendations regarding their status.

Parks and Recreation Committee meetings are held on the 3rd Monday of every month at 9:30 am at Town Hall. These Parks and Recreation Committee meetings are open to the public.

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The Los Altos Hills Parks and Recreation Activity Guide is a bi-annual publication, mailed or delivered to residents of Los Altos Hills. Businesses or entities referenced in this brochure do not constitute an endorsement by the Town of Los Altos Hills.

For additional copies, or to receive an electronic version of this publication contact the Los Altos Hills Parks and Recreation Department at (650) 941-7222 ext. 241.

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HEALTHY BODY PROGRAMS

Mat Pilates

This unique workout is done on a mat and strengthens the core muscles (upper and lower abdominals, the back, and the waistline.) The benefits you derive from this class will be abdominal and low back strength and improvement in your posture. This class is for beginners or seasoned practitioners, modifications will be given for all exercises. So come enjoy mat pilates for one or both of the 6 weeks sessions and make some new friends while you strengthen your core!

To learn more about Kathy and her teaching please go to www.katklein.net

Dates: August 30 - Oct 4
October 11 - November 15
Day/Time: Wednesdays/1:30 pm - 2:30 pm
Place: Town Hall - 26379 Fremont Rd.
Fee: \$95/residents
\$105/non-residents
Ages: 18 & over
Instructor: Kathy Klein



Mind Body Fitness

This course, taught by Pam Walatka, focuses on Yoga, meditation and Pilates. Class activities include stretching, relaxation and strengthening the body. Be sure to bring a yoga mat and wear loose, comfortable clothing. For more information on Pam and her classes go to www.wildhorses.com.

Session #1: August 9 - September 27
Session #2: October 4 - November 15
Day/Times: Wednesdays/10:30 am - 11:45 am
Place: Town Hall
Fee: Session #1 - \$105/residents & \$115/non-residents
Session #2 - \$95/residents & \$105/non-residents
Ages: 18 & over
Instructor: Pam Walatka

Cardio Pulmonary Resuscitation Certification

A highly valuable class for everyone! Participants will learn and practice cardiopulmonary resuscitation (CPR) for adults, rescue breathing, choking rescue, and use of the EMS system. These classes are taught by instructor demonstration, supplemented by video tape and practice on manikins. People who successfully pass this course will be certified in CPR by the American Red Cross (1 year certification). Wear comfortable clothing; this class will require students to get on the ground for practice.

Registration for this class ends on September 22.

Dates: Saturday, October 7
Times: 10:00 pm - 3:00 pm
Ages: 16 & up
Contact: Tod McLemore
Fee: \$50.00

FENCING

Youth Fencing Introduction

Fencing is an elite, highly educational sport that develops the character and intellect of children and adults in a unique way. Fencing develops focus, confidence, discipline, and creativity. During this introductory course, students will learn the basic skills such as correct body posture, footwork techniques, weapon handling, parries, ripostes, and lunges. By maintaining a close coach-student ratio, providing child-friendly lesson plans and putting strong emphasis on fencing etiquette, our team of highly-qualified coaches ensures the most conducive learning environment for our young fencers.



Wear athletic shoes, shorts, athletic pants, or sweat pants. This sport is extremely safe because it uses light flexible swords and padded jackets and masks. All classes are held at the Elite Musketeer Fencer's Club, 160B Constitution Drive, Menlo Park, CA off Marsh Road East Exit. For more information call 650.353.0717 or visit our website www.emfc.net.

Date:	Continuous enrollment – 4-week sessions, meeting once weekly
Days/Time:	Tuesdays / 6:30 pm – 8:00 pm (Ages 11-18). Equipment Rental Fee: \$49.00 Wednesdays / 4:30 pm – 5:30 pm (Ages 4-10) Equipment Rental is Free Wednesdays / 6:30 pm – 8 pm (Ages 11-18) Equipment Rental Fee: \$49.00 Thursdays / 6:30 pm – 8 pm (Ages 11-18) Equipment Rental Fee: \$49.00 Friday / 4:30 -5:30 (Ages 4 -10) Equipment Rental is Free Friday / 5:30-7:00 (Ages 11-18) Equipment Rental Fee: \$49.00 Saturdays / 10:00 am – 11:00 am (Ages 4-10). Equipment Rental is Free Saturdays / 11:30 am – 12:30 pm (Ages 11-18). Equipment Rental Fee: \$49.00
Location:	Elite Musketeer Fencer's Club 106-B Constitution Dr. Menlo Park
Instructor:	Elite Musketeer Fencer's Club
Fee:	\$99 (4 week session)

Fencing continued on next page

Family Fencing

Fencing is a sport for kids and adults, and the Elite Musketeer Fencer's Club has organized a special course so the whole family can enjoy fencing together. Parents and kids will learn the basic skills, footwork techniques, weapon handling, parries, ripostes, and lunges. Interacting with your kids while participating in fencing will give you time to enjoy together, reach goals together, learn together, and most important, have fun together. Adults will also learn how to function as a parent coach, as well as gain hands on experience and knowledge in fencing.

All equipment rental charges are included. Wear athletic shoes, shorts, athletic pants, or sweat pants. This sport is extremely safe because it uses light flexible swords and padded jackets and masks. All classes are held at the Elite Musketeer Fencer's Club, 160B Constitution Drive, Menlo Park, CA off Marsh Road East Exit.

Date:	Continuous enrollment – 4-week sessions, meeting once weekly
Days/Time:	Wednesdays / 5:30 – 6:30 pm Saturdays / 2:00 pm – 3:00 pm
Location:	Elite Musketeer Fencer's Club 106-B Constitution Dr., Menlo Park
Age:	Children ages 4 – 10 and Parents must be enrolled
Instructor:	Elite Musketeer Fencer's Club
Fee:	\$99.00 per person (4 week session). Equipment Rental is Free.

Adult Fencing Introduction

Experience the thrill of Zorro, the romance of Musketeers, the toughness of Spartans, and mystery of the Jedi. This introductory class is designed to give an overview of the sport and teach the basic techniques/ strategies of fencing. You will learn to advance and retreat, attack and lunge, parry, riposte, and counter riposte. You will participate in sparring, paired drills, and fence classmates during every class. This is a perfect class to meet fencers, socialize, let go of stress, and get in shape.

Wear athletic shoes, shorts, athletic pants, or sweat pants. This sport is extremely safe because it uses light flexible swords and padded jackets and masks. All classes are held at the Elite Musketeer Fencer's Club, 160B Constitution Drive, Menlo Park, CA off Marsh Road East exit.

Date:	Continuous enrollment – 4-week sessions, meeting once weekly
Days/Time:	Saturdays / 1:00 pm – 2:30 pm Tuesday / 8:00 pm – 9:30 pm Thursday / 8:00 pm – 9:30 pm
Location:	Elite Musketeer Fencer's Club 106-B Constitution Dr./Menlo Park
Age:	18 & up
Instructor:	Elite Musketeer Fencer's Club
Fee:	\$99.00 (4 week session) Equipment Rental Fee: \$49.00

First Aid Certification

This class includes First Aid training without CPR. This course is designed to teach students to control bleeding, treatment of burns, fractures, seizures, shock, heat and cold emergencies, and poisoning. Participants will be required to fully participate in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. Participants who complete this class successfully will gain certification in First Aid by the American Red Cross. Registration ends September 22, 2006.

There is a class minimum requirement of 6 participants for the class to be held. This class is limited to 12 participants. Wear comfortable clothing; this class will require students to get on the ground for practice.

Registration for this class ends on October 13.

Date: Saturday, October 28, 2006
Time: 10:00 am – 3:00 pm
Age: 16 & up
Contact: Tod McLemore
Fee: \$50.00



Registration Criteria: Class must have 6 participants to be held. Maximum 12 participants.

RECREATIONAL PROGRAMS, AREAS AND OPEN SPACE

Year-Round Riding Program

The 2006/2007 Year-Round Riding Program sessions have two levels of riding lessons being offered to youth and adults. The beginners' program is for those with little or no riding experience. The novice program is for riders who are comfortable at the walk and trot, and who are beginning to canter. Classes are specific to age group, adult and youth. Due to our insuring a safe environment, class size is limited to 4 per class/per session. Waiting lists will be kept. Please wear boots and long pants. Helmets are provided.

Fees: \$240/residents
 \$260/non-residents

Adult & Youth Beginner Program

Session #1: August 27 – October 1
Session #2: October 15 – November 19
Session #3: January 7 – February 11
Days/Times: Sundays
 9:00 am – 10:00 am
Location: Westwind Barn
 27210 Altamont Rd.
Ages: 7 and up

Adult Beginner Program

Session #1: August 28 – October 9
Session #2: October 16 – November 20
Session #3: January 8 – February 12
Days/Times: Mondays
 10:00 am – 10:45 am
Location: Westwind Barn
 27210 Altamont Rd.
Ages: 18 & up

Adult Novice Program

Session #1: August 28 – October 9
Session #2: October 16 – November 20
Session #3: January 8 – February 12
Days/Times: Mondays
 10:45 am – 11:30 am
Location: Westwind Barn
 27210 Altamont Rd.
Ages: 18 & up

Youth Beginner Program

Session #1: August 29 – October 3
Session #2: October 17 – November 21
Session #3: January 9 – February 13
Days/Times: Tuesdays
 4:00 pm – 4:45 pm
Location: Westwind Barn
 27210 Altamont Rd.
Ages: 7 - 17

Youth Novice Program

Session #1: August 30 – October 4
Session #2: October 18 – November 22
Session #3: January 10 – February 14
Days/Times: Wednesdays
 4:00 pm – 4:45 pm
Location: Westwind Barn
 27210 Altamont Rd.
Ages: 7 - 17

Town of Los Altos Hills

Horseback Riding Arena

Newly refurbished, using state grant funds this public facility is an excellent place to take your horse for a little exercise. This is a public arena that requires no payment for usage. The Town Arena is operated by the Parks and Recreation Department and maintained by our sponsoring community partner, the Los Altos Hills Horsemen's Association (LAHHA). LAHHA also holds various horse related events monthly at the Town Arena (see the LAHHA Event Calendar, located in this Activity Guider for more information).

Date: Varied
Location: 27400 Purissima Rd (Purissima Rd and Viscaino Rd)
Ages: 7 & up (Youth must be accompanied by an adult)
Contact: Town Parks and Recreation Department – 650-941-7222
Fee: Free



SPECIAL EVENTS

Harvest Trail Horseback Ride

Attention all horse owners, here's the time to share your love of horseback riding with your neighbors in the Hills, and allow your horse to socialize with some new friends. Join the Harvest Trail Ride through the picturesque Los Altos Hills Pathways system.

Date: Saturday, November 18
Time: 9:00 am – 11:00 am
Location: Ride begins at Westwind Barn
Contact: Tod McLemore & Jane Kawasaki
Fee: Free – All must RSVP to the Recreation Department or register online.



Los Altos Hills Pathways System

A very special feature of Los Altos Hills is the Pathways System. The Pathways system of Los Altos Hills includes 63 miles of roadside and off-road paths that meander through the hills and valleys of the Town, connecting various areas of the community. This network provides valuable recreational asset for residents. The system has been designed over many years to provide non-vehicular access to the Town for walkers, runners, bicyclists and equestrians. Pathway maps are available at Town Hall.

Byrne Preserve

Located along the upper length of Altamont Road and adjacent to Westwind Barn, the Byrne Preserve is connected to the Los Altos Hills Pathways system. Byrne Preserve consists of 55 acres of open space. The preserve is a passive recreational site, good for hiking and nature activities. It also serves as a pasture for horses at Westwind Barn.



Los Altos Hills Horsemen's Association Events

September

- 9 Trail Ride* (Meet at Town Arena 9:30 am)
- 23 Weekend Riding Trip at Jack Brooks (Pre-registration required, meet at McDonald State Park)

October

- 14 Trail Ride/Woodside Day of the Horse
- 21 & 22 Painted Pony Party (Town Ring 1:00 pm – 3:00 pm)

November

- 4 Progressive Ride *
- 11 Trail Ride (Meet at Town Ring 9:30 am)

December

- 9 Horseback Holiday Caroling (Meet at Town Arena 10:30 am)

For more information on LAHHA events contact Lori Askew at 408-839-6601 or Jolon Wagner at 650-917-1975.

** LAHHA membership is required. Membership forms are available prior to each event.*

Horseback Riding at Westwind Community Barn

Residents of Los Altos Hills who house their horses in places other than Westwind Barn are able to take advantage of the Westwind Barn riding facilities. Westwind offers memberships for such residents, whereby the residents (limited to current residents of the Town of Los Altos Hills) becomes a member of the Friends of Westwind, and then pays a daily usage fee. Westwind looks forward to welcoming residents who wish to take advantage of this opportunity. Please contact Westwind Barn for details

Dates: Varied
Time: Varied
Location: Westwind Barn
 27210 Altamont Rd
Ages: Youth (Adult Supervision Required)
 Adult
Contact: Westwind Barn
www.westwindcommunitybarn.org



Westwind Barn Activity OF Events

Please call Westwind Barn for Locations of Scheduled Activities

<u>Date</u>	<u>Time</u>	<u>Activity</u>	<u>Location</u>
Sept 20-24	6:50 a.m.– 4 p.m.	Dressage Clinic	Upper Arena
Oct 28	8 a.m.– 5 p.m.	Halloween Horseshow	Lower Arena

4-H Disabled Riding Program

Do you love horses? Do you enjoy working with children? We can use your help!

The Westwind Riding Institute/4-H is a non-profit organization offering riding lessons to children with physical disabilities. Its base of operation is at Westwind Barn.

Volunteers are needed (age 14 and older) to help groom horses, lead horses and walk alongside riders during lessons. No experience is necessary, just a love for horses and a dedication to the riders in the program.

Fall Session:	Mondays & Thursdays
Winter Session:	Mondays & Thursdays
Spring Session:	Mondays & Thursdays
Time:	4:00 pm – 5:00 pm
Summer Session:	Mondays (July)
Time:	7:00 pm – 8:00 pm
Location:	Westwind Barn
Contact:	Nancy Couperus Westwind 4-H – 947-8680



Purissima Little League Fields

This 4-field complex is managed by the Los Altos Hills, Department of Recreation, and it serves as home to the Los Altos Little League program. Residents and private groups are able to reserve the fields. Please call the Parks and Recreation Department at 650-941-7222 to reserve the fields for your event.

Los Altos Hills Little League

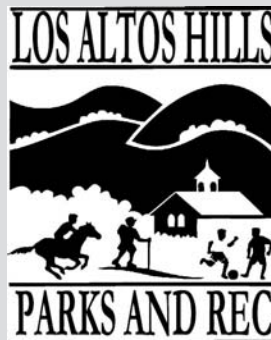


Los Altos/LosAltos Hills Little League Baseball serves over 500 children every year. The Little League philosophy is that children are drafted/or placed into the appropriate division based on their skill, rather than their age. Every child, ages 5-12 will be placed on a team, as there are no cuts within these age groups. Teams typically have 12 players, and each division has minimum playing time standards to ensure everyone gets to play. Teams play twice weekly (once on Saturdays) and may also practice 1-2 times a week.

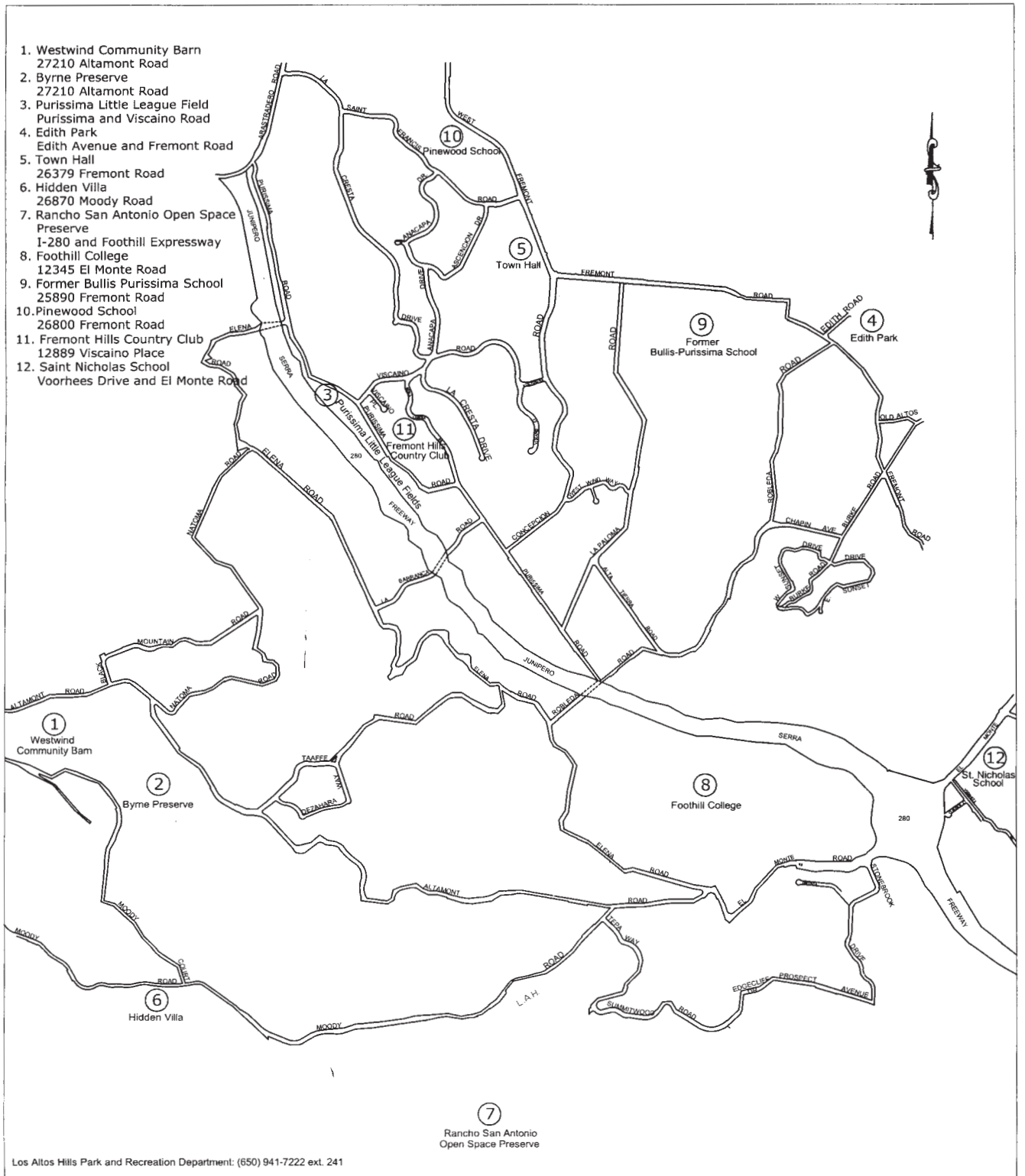
Location:	Purissima Little League Fields – 27400 Purissima Rd Purissima Rd at Viscaino Rd
Ages:	5-14
Information:	650-562-1077 www.losaltoslittleleague.com

Community Resource List

American Red Cross – Palo Alto Chapter	650-688-0415
Community Health Awareness Council	650-965-2020
Community Services	650-968-0836
Los Altos Chamber of Commerce	650-948-1455
Los Altos Mediation Program	650-949-5267
Los Altos Senior Center	650-947-2894
Palo Alto Animal Shelter	650-496-5971
Santa Clara County Library	408-293-2326
Santa Clara County Parks	408-355-2200
Wildlife Rescue	650-494-7283



Los Altos Hills Recreation Locations



Registration Form

Please Print All Information

Participant First and Last Name	Age (if under 18)	T-shirt Size	Course/Activity	1st Choice	2nd Choice	Fees
				Session__	Session__	
				Session__	Session__	
				Session__	Session__	
				Session__	Session__	
				Session__	Session__	
				Session__	Session__	

Parent/Adult Contact Information:

Name _____ Date of Birth _____
Last First

Address _____ City _____ State _____ Zip _____

Email address _____

Parent Name _____
Last First

Home Phone (____) _____ Work Phone (____) _____ Cell Phone (____) _____

Local Emergency Name _____ Phone No. (____) _____

Release of Liability & Assumption of Risk Agreement

In consideration of the acceptance of the application for entry into the classes or activities listed on the Registration Form, I hereby waive, release and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me as a result of my participation in said classes or activities.

I am aware that these classes or activities subject me to physical risks and dangers, nevertheless, I voluntarily agree to assume any and all risks of injury or death, and to release, discharge, and hold harmless all of the entities or persons mentioned above who, through negligence or carelessness, might otherwise be liable to me, or my heirs, personal representatives, next of kin, spouse or assigns.

It is understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs, personal representatives, next of kin, spouse and assigns.

I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR.

Signature _____

REFUND POLICY- Refunds will only be given up to 7 days before the commencement of program. Within 7 days, a refund will only be granted if vacant position is filled. No refunds will be given after program has started.

TO BE COMPLETED BY PARENT OR GUARDIAN OF MINOR PARTICIPANTS

I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR.

Signature of parent or guardian: _____ Date: _____

Print parent/guardian name: _____

Address: _____

Please indicate whether you are signing as: ☐ Parent ☐ Guardian

Please detach and remit payment to:

Town of Los Altos Hills
Parks and Recreation
26379 Fremont Road
Los Altos Hills, CA 94022



I hereby authorize the use of my MasterCard or Visa account.

Print name as it appears on card _____

MasterCard or VISA # _____

Expiration date _____

Signature _____



Los Altos Hills Parks and Recreation
26379 Fremont Road
Los Altos Hills, CA 94022

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